



THE LANTERN



➤ ➤ The Official Newsletter of the Northeast Region Staff College
Civil Air Patrol

Tuesday July 14, 2009

<http://nersc.nhplm.org>

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Officer of the Day

Maj Andre Ferland

PAO/ Editor:
Maj Paul Mondoux

[Http://nersc.nhplm.org](http://nersc.nhplm.org)

Day two of the Staff College

Well we all survived the first full day of the school.

The day started with General Assembly at 0830. During general assembly Bravo Seminar gave their News presentation on current affairs in the form of a news report.



Before the News release Lt Col StOnge lead the class in brief calisthenics to get everyone motivated for the day.



The Director Enlightens us once again



This is how we handle the Staff



SAFETY

Is of Utmost importance

Do not compromise safety for
any reason

Report any problems to
Lt Col Christine St Onge





Always changing, Always moving

This years College has had it's share of technical problems.

First was the issue with getting the Students on Base. The MSA had not been approved and was not at the desk when they arrived so to get them on Base several staff members had to sponsor them for the weekend so they could get their rooms.



With the thunderstorm on Saturday night most of the power was disrupted on the Base which made it difficult for the Staff. However they managed to adjust to the situation. Even after the power was restored The Air conditioner in Lodging was still out to lunch and cause an uncomfortable night trying to sleep.



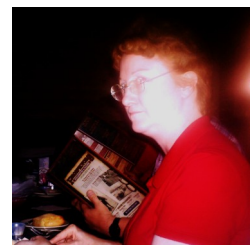
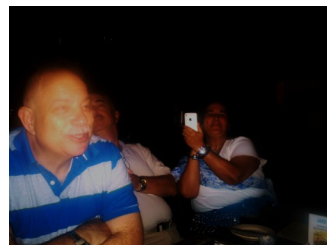
Another glitch is that of the Fort DIX Mess hall Schedule. Because of the time that they were serving the schedule had to be modified to accommodate getting the students to the mess hall.

With all of this the school is still progressing. We shall see what the rest of the week brings our way.

Below is just a tidbit of information to guide you to accomplish the tasks you need to do to make a better you!

Staff night Out

Sunday night the Staff went out for Dinner. They enjoyed the meal and the company.



CREATING A MENTAL MINDSET Lt Col Christine St. Onge, RN

What can you do to accomplish a mindset?

Try mental training!

Use your mind to help you to perform better, a new and improved YOU!

Learn to control your thinking

Create a good healthy mindset to enable your best performance

Who uses mental training?

Athletes at all levels and in all sports; injured athletes;

coaches; various types of performers, e.g., actors, singers; professionals, e.g., surgeons, and executives.

By using mental training, you can build better character and enable you to accomplish your specific task. It will build the following:

Confidence

Focus

Motivation

Attitude

Stress Management

Emotional Control

Make a list about your best performance. Include in that list what stands out about what you were thinking, feeling. What did you do to make you feel so great

SMILE!!!! It won't hurt you or someone you see. It will make your day shine!!!!

The Origin of "Taps"

by Lt Col William S. Bernfeld, CAP

There are many explanations regarding the origin of the bugle call "Taps." One example, an urban legend, has a Union soldier finding the body of his Confederate son after a battle with the music for "Taps" in the youth's pocket. The father asks that the music be played at his son's burial. I offer another, more accepted, version of the origin of the bugle call "Taps." In doing so I reference "Glory Road," (second volume of "The Army of the Potomac Trilogy" 1952, Doubleday, Garden City, New York) by Pulitzer Prize winning author Bruce Catton and "To the Gates of Richmond" by Stephen W. Sears (1992, Ticknor & Fields, New York).



Shortly after the Battle of Malvern Hill, Virginia (July 1, 1862), future Medal of Honor winner, Brigadier General Daniel Adams Butterfield, an ex-militia officer and New York businessman called his bugler, Private Oliver Willcox Norton into his tent. General Butterfield, a Union College graduate, came from a family that founded the publication that we now know as *The Wall Street Journal*. General Butterfield was known for writing bugle calls for his brigade so his soldiers, in the heat of battle, could distinguish their brigade's calls from those of other adjacent brigades in the line of battle.

It seems that General Butterfield had been unhappy with the regulation call, "lights out." He felt it was not musical enough and did not express his impression of an evening encampment of tired soldiers lying down to a peaceful night's rest. General Butterfield whistled a tune for Norton and asked him to sound it. After some additional co-arrangement with his bugler, the call was written down on the back of an old envelop. Butterfield directed Norton to use this call thereafter in place of the regulation call. As Norton sounded it for the first time, other buglers heard its enchanting melody and copied it. The 'call' was eventually adopted by the Army of the Potomac and later by the Western armies as troops were transferred to that theatre of operations. "Taps" according to Catton is "...the drawn-out haunting call that puts the lights out for soldiers and that hangs in the still air over their graves at military funerals..."



General Butterfield was 69 years old when he died in 1901. He is buried beneath an elaborate sandstone grave in West Point. Private Norton of the 83rd Pennsylvania Volunteer Infantry Regiment eventually earned his commission and served for the remainder of the Civil War with the 8th United States Colored Troops. He went on to found the American Can Company. His ashes were scattered by his family in Chicago after his death in 1920 at age 81.

ALPHA SEMINAR AT NERSC ASSIGNED URGENT MISSION

Alpha Seminar at McGuire AFB, during NERSC, was tasked with an urgent mission Sunday night, 12 July 09, after conclusion of the outside work session preparing for the next day's class....locate an open eating facility.

Mission #007-A-1207

IC/t Alan Gibbs

MDD: Sharon Brana

MO: Rick Pisarski

MS: Chris West, Tom Lyons, Steve Rocketto

MSO: John Bradley

Comms: Tom Calvanelli

G/T: Sharon Brana
Thomas Calvanelli
Alan Gibbs
Thomas Lyons
Rick Pisarski
Steve Rocketto

A Ground team was dispatched consisting of the above listed members of Alpha Seminar on a recon mission to Pudgy's (alias Jersey's) to determine the ability of that facility to serve dinner and drinks to a hardworking, deserving seminar group, and the fact that they were not allowed off-base. Upon reaching the destination, the ground team needed to file a negative report that the facility was deserted.

The IC/t then ordered the ground team to RTB and accept retasking as a Van Crew due to the safety factor of being physically out of shape to do any further groundpounding. Sharon Brana was given the assignment as Mission Designated Driver, in anticipation of the severe need for rehydration by the rest of the crew. The Van was then dispatched to the Shopette/Godfather Pizza on a similar recon mission. Again, the team reported negative findings of that facility being able to need the demands.

The Van team was retasked yet again by the IC to obtain the required sustenance and other necessities from the Shopette. The team attempted to enlist the assistance of some qualified, but non-CAP members in this quest, but their assistance was found to be unnecessary (especially after the demand that they wanted a "cut").

The crew then made a successful return to base (and yes, Sharon was actually able to see over the steering wheel). At all times, safety was maintained, and a van marshaller was used during any backing up or parking maneuvers. Headlights were on, and the indicated speed limits were never surpassed.

During the debriefing, it was noted that although rehydration liquids of choice had been obtained, more solid sustenance was needed for the health of the crew. Utilizing the resources of the mission base front desk, 2 pizzas were ordered by the Comms officer. A member of Bravo Seminar, Darren Cioffi, was cordially invited to sit in on the debriefing so that should they be dispatched, they would have the information learned to avoid wasted effort. The team finished their debriefing while continuing to consume the rehydrating liquids, enjoying the al fresco dining, and telling hangar stories over cigars.

Plans for missions on 13 July were discussed and the mission was successfully closed at 2200Hrs.

Core Values

INTEGRITY

VOLUNTEER SERVICE:

EXCELLENCE:

RESPECT:

**THIS SPACE
RESERVED
FOR A
STUDENT
ARTICLE
THIS IS A
HINT**



Articles for the Lantern are Welcomed and encouraged. All Students are encouraged to submit their thoughts and Ideas for publication.

Articles will only be accepted in Electronic format and must be submitted before 1500 hours each day.

Maj Paul Mondoux

The concept of Core Values has permeated the military culture for centuries. Essentially, the challenge has been a continual one of striving to develop an ethical framework to govern personal and professional conduct of military members. Since its creation in 1947, the Air Force has always had a basic set of “beliefs” or as referred to today, a set of core values. The most recent set of core values for the United States Air Force was published in 1997. When the Air Force began work on core values development, Civil Air Patrol did likewise. The final version of CAP’s core values was formally approved in February 1999 at the Winter National Board. CAP developed these basic values to guide its members in the performance of humanitarian service.

INTEGRITY : This is the very fiber of all core values; without it all other core values cannot prevail. It is the cornerstone for all that is moral and just in our society. It is more than simple honesty. It embraces other attributes such as courage, responsibility, accountability, justice, openness, self-respect, and humility. Lastly, this core value means CAP members must practice the highest standards of self-discipline.

VOLUNTEER SERVICE: CAP adopted this core value because it reflects the very essence of the organization – service to humanity. All CAP volunteers willingly give of their time, energy, and personal resources. Moreover, many have made the ultimate sacrifice by losing their lives while serving the organization. As a minimum, this core value implies a commitment on the part of all CAP members to place the organization’s purpose first and foremost. This process starts with the members agreement to obey the rules and regulations of CAP and the Air Force. In this regard, self-discipline is an absolute must.

EXCELLENCE: This core value reflects CAP’s continuous effort to be the very best, and to constantly improve its humanitarian service to America. From personal appearance to resource management, excellence must be the goal of all CAP members.

RESPECT: CAP members come from all walks of life. Therefore, it is extremely important that members treat each other with fairness and dignity, and work together as a team. To do otherwise would seriously impair CAP’s capability to accomplish the mission.

THE UNIFORM OF MY COUNTRY

Over two hundred years ago the first thread of the uniform I wear was woven. While great men dreamed of a country of free people, the army and navy that would win her liberty had already begun to organize. As the fledgling country grew stronger, so did its uniform develop. Each button and ribbon that has been added through the years boasts of victory at sea, conquests on land, and some of military aviation's greatest successes. The added medals and insignia laud moments of heroism known to us all. I wear the uniform of my country because, as America is a blend of races and cultures, my uniform is a woven, visual history of her people's courage, determination, and unique love of freedom.

Without a word this uniform also whispers of freezing troops, injured bodies, and Americans left forever in foreign fields. It documents every serviceman's courage, who by accepting this uniform, promises the one gift he truly has to give: his life. I wear my uniform for the heritage of sacrifice it represents and more.

No factor in America's growth has been greater than the men and women who have worn her uniform to help keep her strong. In war and in peace, they have circled the earth and journeyed to the moon, always carrying America's ideal with them. Their service to her has been a legend of honor.

I wear my uniform with pride for it represents the greatest nation of free people in the world. America serves as an example of those who strive to be free. They recognize this uniform as standing for millions of Americans who respect their world neighbors and wish to live in peace with them. My uniform is an extension of my people and my nation.

Most importantly, I wear the uniform of my country because others do not. America's freedom is a right given by God, but defended by man. It is our overwhelming responsibility to preserve our heritage of freedom for all Americans and I accept that challenge willingly.

I wear the uniform of my country because of its history, its heritage of honor, its service to America, its representation of my people, and because of my desire to live in a free land. Hopefully, I wear this uniform in peace. But America's enemies must know that I will also stand fearlessly in war as those before me have stood.

I pray only that I do not stand alone.

PAO / Lantern Editor Major Paul E Mondoux

Major Paul Mondoux is the PAO and Lantern Editor of the 2009 Northeast Region Staff College; at McGuire AFB, NJ. This is Maj Mondoux's 5th year serving on Staff at the College. Maj Mondoux graduated from the NERSC in 2004 and returned as a staff member.

Maj Mondoux is married to Luane going on 37 years. Luane is also a Major CAP and Former Deputy Commander of Cadets and now is the NH Wing CISM Officer. They have 3 children and 5 grandchildren.



Maj Mondoux started many years ago as a Cadet in Nashua NH in the Col Benjamin Thyng Cadet Squadron. He returned to CAP in 2000 joining as a Senior member with the Amtrano Senior Squadron located in Nashua NH. He very quickly assumed the position of Deputy Commander of the Squadron then quickly became Commander of the Squadron and retained Commander for 6 1/2 years. During the same period he held the position of professional development officer at Wing and in late 2000 he was appointed Director of Safety for the NH Wing retaining keeping this until May of last year.. He has also been the director for Squadron Leadership School, the Corporate Learning Course and the Unit Commanders course multiple times. He is a qualified Incident Commander Level I and holds ratings in almost all ES qualifications. He received the National Safety Officer of the year 2002 and the Regional Safety officer of the year in 2003, 2005 and Wing level twice..

He currently holds the positions of Director of Emergency Services for the NH Wing , IT Officer and Web Master for sections of the NH Wing Web Site and has recently been appointed executive Level Mentor. He is also the primary IC for the NH Wing. Major Mondoux is also was instrumental for creating the New National Safety on-line courses and CAPP 217 pamphlet.

Professionally, Maj Mondoux holds several college degrees – in Computer Science plus multiple professional certifications in IT. He is employed full time by Lockheed Martin Corporation in Enterprise Information Services as a Sr. Staff Computer System Engineer. He Also is the EMS Support Lieutenant for Merrimack Fire Rescue in the EMS Division on the Advance Life Support Ambulance service in the town in which he lives. He is also a First Responder/ CPR-FPR instructor and a Wilderness First Aid Instructor.

PROFESSIONAL DEVELOPMENT AWARDS:

Paul E. Garber Award
Grover Loening Aerospace Award
Leadership Award with two bronze stars and one silver star
Membership Award

LEADERSHIP EDUCATION:

Northeast Region Staff College
Corporate Learning Course
Squadron Leadership School
Unit Commanders Course

MAJOR DECORATIONS AND AWARDS:

Commander's Commendation Award with 3 silver clasps
Unit Citation with silver
Brig Gen Charles E. "Chuck" Yeager Award
Command Service Ribbon
National Safety Officer of the Year
Regional Safety Officer of the Year x2 / Wing Safety Officer of the Year x2

SPECIALTY TRACKS AND RATINGS: Master ratings in Communications, Administration, Emergency Services Safety, Personnel, Professional Development, Information Technology

LIEUTENANT COLONEL CHRISTINE M. ST. ONGE Medical Officer

Lt Col Christine St. Onge is Safety/Medical Officer for 2009 NERSC. Colonel St. Onge attended NERSC as a student in 2002. She has been on staff of NERSC for the past six consecutive years.

Colonel St. Onge joined Creve Coeur Senior Squadron, St. Louis, MO in June 1980, as Medical Officer. After moving to Pittsburgh, PA. in 1981, she joined Butler Squadron 712 as Medical and Emergency Services Officer, and as Deputy Commander for Seniors from 1996-1998. Colonel St. Onge then served as PAWing Director of Safety from 1998-2000. She was Squadron Commander for Butler 712 for 5 yrs., from 2000-2005. From 2005-2009, she served as Medical Officer for Group 1, PA Wing, serves in the same capacity for Group 6, PAWG, and is presently Director of Health Services Program Officer for Northeast Region.



Lt Col St. Onge has the following achievements as a CAP pilot: Command Pilot, Check Pilot for Groups 1 & 6, PAWing; Instructor Pilot; Mission Check Pilot; Cadet & AFROTC Orientation Pilot; CN Ops, Mission, Mountain, Transportation, SAR/DR, and Transport Mission Pilot; Mission Observer, and Scanner. LtCol St. Onge has been flying since 1973, has over 9500 hrs., and has her CFIAIM certifications.

Lt Col St. Onge has a Nursing Degree from Maryville University, Creve Coeur, MO, 1971. She has specialized in all ICU & ER areas. Colonel St. Onge has worked for the American Red Cross since 1980 in Programs and Services, and Disaster Specialist, especially for 9/11 disaster. She now is employed by Maxim Healthcare, in specialized medicine for Pediatrics, Adolescents, and Adults, specialized care, and Wellness Clinics.

Lt Col St. Onge lives in Wexford, PA outside of Pittsburgh. She has two children, Joseph 27, and Laura, 19. Laura, a CAP cadet, will be a sophomore at Slippery Rock Univ., PA.

PROFESSIONAL DEVELOPMENT AWARDS

2005 ---- Gill Robb Wilson Award
2003 ---- Paul E. Garber Award
1997 ---- Grover Loening Award
1980 ---- Membership Award

SPECIALTY TRACKS

Health Services (Master)
Emergency Services (Senior)

LEADERSHIP EDUCATION

2005 ---- National Staff College
2002 ---- Northeast Region Staff College
1996 ---- Corporate Learning Course
1994 ---- AEPSM
1981 ---- Squadron Leadership School

MAJOR DECORATIONS & AWARDS

Commander's Commendation Award
Red Service Ribbon
Lifesaving Award
Brig. General Charles E. "Chuck" Yeager
Unit Citation



*Note Original Artwork (1970)

**OFFICIAL INSIGNIA
HEADQUARTERS
NORTHEAST REGION, CIVIL AIR PATROL**

On a shield of Air Corps Azure Blue, all within a Silver border is centered a White circle, in its center is Red cartographic emblem of a compass rose, with all of the 32 compass points clearly defined, the center of which is a Silver propeller and white triangle, the emblem of the Civil Air Patrol, emanating from the center of this compass rose into the Northeast quadrant of the shield, are nine golden rays which represents the Nine Wings of the Northeast Region, superimposed on a Sun Yellow background which represents enlightenment, above and to the left is a white star charged with a red disk, the traditional emblem of the Army Air Corps/USAF which represents the U.S. Air Force as a guiding star and overseer. The bottom of the Shield has a White scroll with Black letters NORTHEAST REGION that signifies a command organization.

The design was developed in early 1970 and was the product of Colonel John J. "Jack" Herbert, USAF, and Commander of the Northeast Liaison Region, along with then Major Leonard A. Blascovich, CAP, Director of Cadets Northeast Region. Colonel Fred Bamberger, USAFR, Northeast Region Reserve Assistance Coordinator, had a professional drawing made for use as a master in the manufacture of the emblem as a patch. The drawing and the patch was approved in September 1970 by Colonel Edwin M. Lyons, CAP Commander Northeast Region, thus making this the *"Official Emblem of Headquarters, Northeast Region, Civil Air Patrol"*

The *"SHORT VERSION"*:

"NORTHEAST REGION PATCH"

On a Shield of blue, is centered a compass rose in its center is the CAP emblem, In the Northeast quadrant of the patch is nine golden rays representing the Nine Wings of the Northeast Region. A white star with red center is above and to the left represents the U.S. Air Force's role as an overseer and a guide.

WEAR IT PROUDLY



THE LANTERN



2009 NORTHEAST REGION STAFF COLLEGE - DAILY SCHEDULE

	SATURDAY July 11	SUNDAY July 12	MONDAY July 13	TUESDAY July 14	WEDNESDAY July 15	THURSDAY July 16	FRIDAY July 17	SATURDAY July 18								
0600	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	0600							
0745			Home Room	Home Room	Home Room	Home Room	Home Room	LODGING CHECK OUT	0745							
0800			Formation	Formation	Formation	Formation	Formation		0800							
0830			General Assembly	General Assembly	General Assembly	General Assembly	General Assembly		0830							
0900	STAFF MEETING ALS Facility	STAFF: Report to ALS Facility	LECTURE Human Relations	LECTURE CAP Written Communication	LECTURE Activity Planning	SEMINAR Student 10-Minute Speeches (Seminar Rooms)	LECTURE Keystone Project Briefings (Lecture Hall)	SEMINAR Seminar Room Cleanup & Final Evaluations	0900							
0930		STUDENTS: Report to ALS Facility OPENING CEREMONY	SEMINAR Human Relations	LECTURE Team Development	Break			GRADUATION	0930							
1000			LECTURE Formation & Inspection Customs/Courtesies	LECTURE Managerial Communications					LECTURE Time Management	LECTURE Leadership & Followership	LECTURE Embracing Diversity	LECTURE Using E-Services Management Tools	1000			
1030		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Students Depart McGuire AFB STAFF MEETING ALS Facility	1030						
1100	Students begin arriving at McGuire.									LECTURE Safety & ORM	SEMINAR Managerial Communications	LECTURE Goal Setting	LECTURE PRINCIPLES OF ORGANIZATION	LECTURE Functions of Management	LECTURE Introduction to AFIDL	1100
1130										LECTURE Group Dynamics	LECTURE Public Speaking for Managers	SEMINAR Goal Setting			STUDENTS: Dismissed to prepare for Picnic	LECTURE Graduation Instruction & Practice
1200										LECTURE Group Dynamics	SEMINAR Effective Communication	LECTURE Problem Solving & Critical Thinking	LECTURE Dining Out Instructions	LECTURE ES Topic		1200
1300		STAFF DINING OUT	RETREAT (Practice)	DINNER	DINNER	SEMINAR Keystone Project Preparations & Student Photos	LECTURE Leading Volunteers	ENJOY THE REST OF SUMMER !!!	1300							
1330	FLAG LOWERING		SOCIAL ACTIVITY Picnic Dix Recreation Center						SOCIAL ACTIVITY	DINNER	1330					
1400	DINNER			DINNER	DINNER	DINING OUT CLUB DIX	SEMINAR Leadership Done for the day				1400					
1430			STUDENT REGISTRATION ALS Facility ICE BREAKER						DONE FOR THE DAY	LECTURE Officership Clinic Done for the day	SEMINAR Problem Solving Done for the day		1430			
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